

# LAC deel 2



## De Rijn

Wageningen 4-12-2021

LAC deel 2 - zaterdag 4 december 2021 om 07:15u (25 m)

Aanvangstijd juryvergadering: 07:00u

### 1. 800m vrije slag - Dames

11 - 12 jaar (Junioren 1 en 2)

1. Lieke van Gool (De Rijn, 200900546)	11:24.92		
50m 00:36.80 36,80	100m 01:18.60 41,80	200m 02:44.00 85,40	400m 05:40.02 176,02
2. Liss Wakker (De Rijn, 201000140)	13:18.33		
50m 00:43.04 43,04	100m 01:31.52 48,48	200m 03:11.17 99,65	400m 06:36.50 205,33

### 2. 800m vrije slag - Heren

12 - 13 jaar (Junioren 1 en 2)

1. Tariq van Laar (De Rijn, 200900819)	11:28.53		
50m 00:36.40 36,40	100m 01:18.31 41,91	200m 02:44.49 86,18	400m 05:41.68 177,19
2. Levy de Rijke (De Rijn, 200800425)	12:38.97		
50m 00:38.20 38,20	100m 01:21.25 43,05	200m 02:55.94 94,69	400m 06:10.57 194,63
3. Angie Papazov (De Rijn, 200802553)	13:04.24		
50m 00:38.91 38,91	100m 01:25.20 46,29	200m 03:02.99 97,79	400m 06:24.26 201,27
4. Duncan Gravemaker (De Rijn, 200800007)	13:42.34		
50m 00:40.89 40,89	100m 01:28.76 47,87	200m 03:11.54 102,78	400m 06:45.83 214,29

### 3. 1500m vrije slag - Dames

vanaf 13 jaar (Junioren 3 en ouder)

1. Moniek van Langevelde (ESCA Zwemmen, 199803160)	19:35.35			
50m 00:34.61 34,61	100m 01:12.73 38,12	200m 02:30.31 77,58	400m 05:06.60 156,29	800m 10:23.05 316,45
100m 01:12.73 38,12	200m 02:30.31 77,58	400m 05:06.60 156,29	800m 10:23.05 316,45	
2. Tara Spuij (De Rijn, 200500862)	20:24.39			
50m 00:36.28 36,28	100m 01:15.86 39,58	200m 02:37.22 81,36	400m 05:23.90 166,68	800m 10:57.32 333,42
100m 01:15.86 39,58	200m 02:37.22 81,36	400m 05:23.90 166,68	800m 10:57.32 333,42	
3. Vivian Gravemaker (De Rijn, 200400058)	20:30.10			
50m 00:35.46 35,46	100m 01:14.90 39,44	200m 02:37.10 82,20	400m 05:23.50 166,40	800m 10:57.09 333,59
100m 01:14.90 39,44	200m 02:37.10 82,20	400m 05:23.50 166,40	800m 10:57.09 333,59	
4. Camila Valencia (De Rijn, 200501882)	20:41.45			
50m 00:35.60 35,60	100m 01:15.32 39,72	200m 02:37.30 81,98	400m 05:23.40 166,10	800m 10:58.35 334,95
100m 01:15.32 39,72	200m 02:37.30 81,98	400m 05:23.40 166,10	800m 10:58.35 334,95	
5. Lieke van Hofwegen (De Rijn, 200105144)	22:39.39			
50m 00:38.74 38,74	100m 01:21.83 43,09	200m 02:50.11 88,28	400m 05:49.58 179,47	800m 11:54.48 364,90
100m 01:21.83 43,09	200m 02:50.11 88,28	400m 05:49.58 179,47	800m 11:54.48 364,90	
6. Anique Gravemaker (De Rijn, 200700022)	23:41.64			
50m 00:42.08 42,08	100m 01:28.14 46,06	200m 03:02.56 94,42	400m 06:10.75 188,19	800m 12:37.66 386,91
100m 01:28.14 46,06	200m 03:02.56 94,42	400m 06:10.75 188,19	800m 12:37.66 386,91	
7. Tess Wakker (De Rijn, 200700154)	24:12.06			
50m 00:42.73 42,73	100m 01:29.33 46,60	200m 03:04.82 95,49	400m 06:16.21 191,39	800m 12:48.44 392,23
100m 01:29.33 46,60	200m 03:04.82 95,49	400m 06:16.21 191,39	800m 12:48.44 392,23	
8. Yara Hovestad (De Rijn, 200600380)	24:28.91			
50m 00:45.81 45,81	100m 01:33.96 48,15	200m 03:18.35 284,39	400m 06:18.35 284,39	800m 12:53.61 395,26
100m 01:33.96 48,15	200m 03:18.35 284,39	400m 06:18.35 284,39	800m 12:53.61 395,26	
9. Marieke van Helden (De Rijn, 200800926)	24:32.59			
50m 00:44.20 44,20	100m 01:30.50 98,00	200m 03:10.50 98,00	400m 06:28.16 197,66	800m 13:06.96 398,80
100m 01:30.50 98,00	200m 03:10.50 98,00	400m 06:28.16 197,66	800m 13:06.96 398,80	

	100m 01:32.50 48,30	400m 06:28.16 197,66	800m 13:06.96 398,80	
10. Cecilia van Dam (De Rijn, 200502110)	50m 00:44.26 44,26	200m 03:13.36 100,00	400m 06:35.60 202,24	800m 13:28.86 413,26
	100m 01:33.36 49,10	400m 06:35.60 202,24	800m 13:28.86 413,26	25:35.70
4. 1500m vrije slag - Heren				
<i>vanaf 14 jaar (Junioren 3 en ouder)</i>				
1. Mike Schel (ESCA Zwemmen, 199403279)	50m 00:32.54 32,54	200m 02:21.73 73,22	400m 04:50.71 148,98	800m 09:40.81 290,10
	100m 01:08.51 35,97	400m 04:50.71 148,98	800m 09:40.81 290,10	18:11.04
2. Jeroen Louwinger (De Rijn, 199900583)	50m 00:32.56 32,56	200m 02:22.43 73,50	400m 04:51.12 148,69	800m 09:50.88 299,76
	100m 01:08.93 36,37	400m 04:51.12 148,69	800m 09:50.88 299,76	18:43.86
3. Wietse Wiersma (De Rijn, 199504299)	50m 00:33.37 33,37	200m 02:27.22 76,93	400m 05:04.39 157,17	800m 10:25.57 321,18
	100m 01:10.29 36,92	400m 05:04.39 157,17	800m 10:25.57 321,18	19:56.85
4. Wessel Meeuwenberg (De Rijn, 200600607)	50m 00:33.52 33,52	200m 02:35.58 84,33	400m 05:29.52 173,94	800m 11:13.66 344,14
	100m 01:11.25 37,73	400m 05:29.52 173,94	800m 11:13.66 344,14	21:02.02
5. Kaj Folkerts (De Rijn, 200700067)	50m 00:35.26 35,26	200m 02:41.71 85,06	400m 05:31.92 170,21	800m 11:21.14 349,22
	100m 01:16.65 41,39	400m 05:31.92 170,21	800m 11:21.14 349,22	21:19.47
6. Lars van Hofwegen (De Rijn, 200301877)	50m 00:35.57 35,57	200m 02:46.10 88,78	400m 05:51.00 184,90	800m 12:11.54 380,54
	100m 01:17.32 41,75	400m 05:51.00 184,90	800m 12:11.54 380,54	23:09.70